## Midwifery continuum Chain of best practices



## **Intrapartum Care**

Woman centered and respectful midwifery care (low risk)

## **Midwife**

Assessing and monitoring Low risk - High risk Assessing the wellbeing of the mother and fetus Identifying the stage of birth Guiding and respecting unique normality, tailored

Midwifery care in **latent phase** of childbirth (**1st stage**)

Avoiding unnecessary (routine) interventions Supporting physiological processes Guiding natural pain relief

Countinuous labour support and dialogue in active phase (1st stage) Adequate pain relief Understanding the impact of hormones and positions (avoiding lithotomy) Monitoring PPP

Optimal moment for the **2nd stage** 

Finnish grip and restricted episiotomy Safe delivery of the baby Active management of **3rd stage** (safe protocol) Woman & Man

## Informed

- signs of normal, safe pregnancy and childbirth
- signs of abnormality Awareness of coping strategies Birthing companion's support

Resting and relaxing Nourishment Natural pain relief Strengthening woman's capabilities When to go to hospital

Sense of self-control and changing positions
Being active and utilizing coping strategies
Assertive participation
Active support from birthing companion

Spontaneus physiological pushing Golden hour

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- early interaction
- skin to skin
- delayed cord clamping
- breastfeeding

Empowered, confident woman and positive birth experience

Read more: Lancet series Midwifery 1 - 4, 2014

